

## FEE CODES:

PHNR = Pass Holder Non-Resident  
PHRes = Pass Holder Troy Resident  
NR = Non-Resident  
Res = Troy Resident

## Body Images

Act #	PHNR	PHRes	NR	Res
126301A	-	-	\$115	\$110
126301B	-	-	\$115	\$110
126301C	-	-	\$131	\$126
126301X	\$105	\$100	-	-

**Cardio & Weights** – Low impact aerobics with intervals of light weight training target muscles of the upper and lower body, including great abs and gluts. Increase your BMR and lose weight fast.

**Step Power Hour** – an all STEP class incorporates fun, energizing intervals of step aerobic patterns for the ultimate cardio workout! Resistance training uses hand weights for upper body strengthening combined with abs, hip and thigh exercises for total body workout.

## Fitness Factory

**Mat Pilates:** This intensive mat workout enhances posture, flexibility, endurance and balance while toning and firming your powerhouse (core). Pilates is great for all fitness levels and ages. Wear comfortable clothing and bring a mat to class.

**Pass holders use Act #126565X** - \$10 off fees listed

Act #	Day/Time	NR	Res	Disc
126565A	T or TH - PM	\$101	\$96	
126565B	T/TH - PM	\$173	\$168	
126565E	T or TH - AM	\$101	\$96	
126565F	T/TH - AM	\$173	\$168	

**Zumba:** Zumba is an extremely fun workout based on interval training, which is effective in burning calories and keeping the heart rate up. The dance-sculpting-combo class is set to Latin and various ethnic types of music.

Act #	Day/s	NR	Res	Disc
126565C	T - PM	\$101	\$96	
126565D	T/TH - PM	\$173	\$168	
126565H	TH - PM	\$101	\$96	
126565G	All	\$243	\$238	

## Flex Into Fitness

Pay one fee and attend any of these classes.

Act #	PHNR	PHRes	NR	Res
126550A-T	-	-	\$115	\$110
126550X	\$105	\$100	-	-

**Cardio Interval** - Intermediate to advanced level class works a variety of cardio and muscle conditioning. Cardio segments include step, hi/lo, kickboxing and/or spinning. Muscle conditioning includes use of hand weights, body bars, tubing, and/or balls.

**PowerSculpt** - Use controlled movements set to music to tone all major muscles. Hand weights, body bars, bands, and body resistance increase strength and improve muscle definition.

**Resistance Training** - Use hand weights, body bars, bands, and body resistance to increase muscle endurance and improve definition. Work both upper and lower body using controlled movements set to music.

**Step Up and Tone** - Improve your cardiovascular conditioning and increase muscle strength. Great workout without complicated choreography. Steps provided.

**The Core** - Improve total body strength, core muscular endurance, balance, joint stability and flexibility while focusing on your "core" muscles, specifically abs and lower back. 30 minute class.

**Easy Does It** - Designed for those beginning, returning, overweight, and senior participants. A good workout without frustration. Achieve improved muscle strength, tone and balance.

**High Intensity Instructors Choice** - Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include cardio, step, interval, cardio-kick, and resistance. This is a high intensity class.

**Lo/Cardio plus Toning** - Increase your capacity to burn fat, gain cardiovascular conditioning, enhance muscle strength and tone in a fun non-competitive atmosphere. Low impact aerobics, muscle conditioning, stretching and a relaxing cool down. Bring hand weights and a mat.

**Group Cycle** - This stationary bike class motivates with an incredible and energizing cardio workout, which will send fat burning and endurance into high gear. Intermediate to advanced class.

**Cycle and Sculpt** - Combo of group cycle and power sculpt consisting of a high-energy cardio workout followed by an instructor's choice strength segment.

**Swiss Ball** - Improve your balance, core strength, joint stability, and stabilizer muscles, assist in functional movement and sport specific requirements needed for all levels of life. For all levels of students. Classes are limited to 20.

## Yoga

Yoga promotes better health by exercising all muscle groups as well as emphasizing breathing to release tension. Bring a mat or folded blanket to each class.

**Beginner (Beg):** No prior experience

**Continuing (Cont):** students should have had at least three sessions of Yoga and will continue to improve and control the conditions of every part of the body and mind.

**Beg/Cont:** both levels taught in class.

**Advanced:** continuing students looking for an increased level of instruction.

Act #	PHNR	PHRes	NR	Res
126320A	N/A	N/A	\$106	\$101
126320B-H	N/A	N/A	\$115	\$110
126320J	-	-	\$106	\$101

## Tai Chi-Chu'an

This martial art, is a gentle meditative exercise that is easy on the joints and suitable for ages 9 through 99 and any fitness level. Tai Chi practitioners attest to a variety of benefits from an improved golf swing to greater focus, and concentration in individuals with ADHD. Health benefits include improved balance, flexibility, breathing, sleeping, blood pressure, digestion, and reduced stress. It has been shown to increase bone density in post-menopausal women at risk for osteoporosis.

**Instructor:** Susan

*For all Tai Chi classes*

Act #	PHNR	PHRes	NR	Res
126376	N/A	N/A	\$103	\$98

## Fitness Class Schedule – March 30 - June 20 (12 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am - Step Up & Tone #126550 A		6 am - Step Up & Tone #126550 A		6 am - Step Up & Tone #126550 A	
6 am - Group Cycle #126550N		6 am - Group Cycle #126550N		6 am - Group Cycle #126550N	
8 am - Easy Does It #126550J	8:15 am - Cycle & Sculpt #126550M	8 am - Easy Does It #126550J	8:15 am - Cycle & Sculpt #126550M	8 am - Easy Does It #126550J	8:15 am - Group Cycle #126550Q
8:30 am - Danceit #126200A-Sue		8:30 am - Danceit #126200A-Sue		8:30 am-Danceit #126200L - Ceda	8:30 am - Step Up & Tone - #12655C
8:30 am - The Core #126550T		8:30 am - The Core #126550T		8:30 am - The Core #126550T	
9 am - Cardio Interval #126550D	9 am - Mat Pilates #126565 E or F	9 am - Cardio Interval #126550D	9 am - Mat Pilates #126565 E or F		9-10:15 am - Beg/Cont Yoga #126320J-Janeen
9:30 am - Danceit #126200B-Roxanne		9:30 am - Danceit #126200B-Roxanne		9 am - Cardio Interval #126550D	
9:30-10:45 am - Beg/Cont Yoga #126320G-Ruth	9:15-10:20 am-Beg/Cont Yoga #126320B-Janeen	9:15-10:30 am-Beg/Cont Yoga #126320E-Ruth			
	9:30 am - Danceit #126200G-Ceda		9:30 am - Danceit #126200G-Ceda	9:30 am-Danceit #126200M-Roxanne	9:30 am - Reistance Training #126550F
10 am - Power Sculpt #126550E		10 am - Power Sculpt #126550E		10 am - Power Sculpt #126550E	
	4:30 pm - Cycle & Sculpt #126550W		4:30 pm - Cycle & Sculpt #126550W		
	5:30 pm - Cycle & Sculpt #126550V		5:30 pm - Cycle & Sculpt #126550V		
5:30 pm - Group Cycle #126550P	5:30 pm - Mat Pilates #126565A or B	5:30 pm - Group Cycle #126550P	5:30 pm - Mat Pilates #126565A or B		
			6-7 pm -Begin Tai Chi #126376A		
6 pm -High Intensity #126550L	6 pm - Cardio & Weights #126301A	6 pm -High Intensity #126550L	6pm - Cardio & Weights #126301A	6 pm - Lo Cardio/plus Toning #126550S	
6:30 pm - Danceit #126200C-Theresa	6:30 pm - Zumba #126565 C or G	6:30 pm - Danceit #126200C-Theresa	6:30 pm - Zumba #126565 C, D, G, H	6:30 pm-Danceit #126200N-Ceda	
6:30 pm - Danceit #126200D@ Martell/Sue		6:30 pm - Danceit #126200D@ Martell/Sue			
		6:30-7:45 pm-Beg/Cont Yoga #126320D-Janeen			
7 pm - Reistance Training #126550U	7 pm - Step Power Hour #126301B	7 pm - Reistance Training #126550U	7 pm - Step Power Hour #126301B		
7-8:20 pm - Beg Yoga #126320A-Marie			7-8 pm - Int/Adv Tai Chi #126376B		
7 pm - Danceit #126200E @ Barnard/Mary	7 pm - Danceit #126200H -Janice	7 pm - Danceit #126200E @ Barnard/Mary	7 pm - Danceit #126200H-Janice		
7:30 pm - Swiss Ball #126550K	7:30 pm - Shape Up & Tone #12655B	7:30-8:45 pm - Cont Yoga #126320F-Janelle	7:30 pm - Shape Up & Tone - #12655B		
	8-9:15 pm-Beg Yoga #126320C- Kris		8-9:15 pm-Beg Yoga #126320H-Kris		

*See pages 50-51 and use color  
corresponding classes to  
maximize your workout!*

### DanceIT

Burn fat, increase strength, and boost cardiovascular conditioning. These easy-to-learn aerobic dance routines target every major muscle group. Burn calories as you improve your flexibility, coordination and cardiovascular strength. Flexible class time, day or location is also used for cancellations at school facilities. In order to learn the new routines, we suggest you attend the first three weeks with the same instructor.

School Sites: No classes April 6 and 8

Act #	PHNR	PHRes	NR	Res
126200A-N	-	-	\$115	\$110
126200X	\$105	\$100	-	-

### NOTE:

- Fitness classes are 55 minutes and held at the Community Center unless otherwise noted.
- All classes are for ages 18 and older unless otherwise stated in description.
- All of our instructors are certified.
- It is recommended that you consult your doctor prior to beginning any exercise class.
- Babysitting Service is available at the Community Center for most morning and evening classes.
- Participants should wear good aerobic shoes and bring a water bottle to class.



## Senior Balance and Stretch

For persons 55 and older. Get things back in “Balance” and “Stretch” out your days with instructor Ilene Hill. This class will increase your core strength and movement in order to improve your flexibility and stability for all your daily activities. Students must be able to do mat work on the floor. Bring a towel or pillow for your head.

**Location:** Troy Community Center      **Weeks:** 7  
**Instructor:** Ilene

Act#	Day	Dates	Time	NR	Res Disc
118983C	Mon	3/2-4/13	9-9:50 am	\$26	\$24
118983D	Wed	3/4-4/15	9-9:50 am	\$26	\$24
128983A	Mon	4/27-6/15	9-9:50 am	\$26	\$24
128983B	Wed	4/29-6/10	9-9:50 am	\$26	\$24

## Youth Yoga

**Teens (11-17)** will find this lively class a nice combination of physical challenge, stress relief, relaxation and fun. It’s an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development. Plus...yoga is cool.

**Youth (6-10)** will find this non-competitive class fun and exciting. Boys and girls will use their bodies and imaginations to become trees, lions, snakes and so many other wonderful things. Classes will include games, poses, breathing exercises and deep relaxation. Yoga helps children develop strong, flexible, healthy bodies, increases concentration and focus while building self-esteem and confidences.

**For both classes:** All levels welcome, wear loose clothing and bring a yoga mat.

**Location:** Troy Community Center      **Weeks:** 6  
**Instructor:** Linda

Act#	Ages	Dates	Time	NR	Res Disc
126321B	11-17	4/6-5/4	7-8:15 pm	\$54	\$49
126321B*	11-17	5/11-6/15	7-8:15 pm	\$54	\$49
126321B	6-10	4/6-5/4	5:45-6:45 pm	\$54	\$49
126321B	6-10	5/11-6/15	5:45-6:45 pm	\$54	\$49

\*No class 5/25

## 30 Days to Health

**March 2009**

Experts say it takes 21 days to break a bad habit and form a new one. During the month of March, the Troy Community Center will be offering 30 days of special classes, activities, and events to promote healthy lifestyle choices for family members of all ages. This program can help you break those bad habits and reach your health and fitness goals.

A sample of programs and activities will include:

- Classes on exercise tips, snack and diet ideas
- Triathlon clinic
- Grocery store tours
- Personal trainer clinics
- New trends in health and fitness
- Expelling myths
- Managing stress and much more . . .

The complete calendar of activities and class details are now available at the Control Desk.

**Activity # 116715A**      **NR:** \$15      **Res Disc:** \$10/person

## Personal Training

Available at the Troy Community Center

Whatever fitness goals you seek, this program will get you there! Our personal training staff will design a program precisely to meet your needs. Whether it’s losing weight, gaining muscle, diet management, increasing flexibility, endurance or simply monitoring your workout, we will help you achieve your goal!

Call or stop by the Troy Community Center today to learn more about our Fitness Room and our Personal Training staff. Let us help you to achieve your goals!

**Call and ask about our FREE evaluation - 248.526.2657!**

## Massage Therapy Now Available!

Meet Kim Francis, a certified massage therapist, specializing in Sport and Rehabilitative massage, and also experienced in Swedish Massage. If you are stressed, have a sports injury or if you just need to pamper yourself Kim will help you work it out. The Troy Community Center is now offering Massage Therapy, an alternative way to treat your body. To schedule an appointment, visit the Recreation Control Desk or call 248.526.2655. See page 41 for pricing details.

